



A colored pencil piece named "Someday" shows Melissa McClement-Engler's talent in making the medium come to life.



Melissa McClement-Engler is known as one of the best automobile artists in the country. Pictured here is her rendition of a 1938 V8 piece.

Colored-pencil artwork by RLC professor Melissa McClement-Engler

Art professor utilizes art degree in the classroom and beyond

Rend Lake College's Melissa McClement-Engler is living proof that a talent for art can lead to a successful and excit-

ing career. The associate professor of art at RLC said an early love of art and dedication to the craft led her to where she is now.

"I was born an artist, and lucky enough to have parents who went above and beyond to help me learn. My parents got me a private instructor,

Therese Melena, when I was 11 years old, and she was fabulous," said McClement-Engler. "I started getting a college art education at such a young age."

The West Frankfort native's first solo show was also held when she was 11 years old, and the good times kept coming. During her high school years, McClement-Engler entered into several competitions, winning the Annual Scholastic Show at Mitchell Museum in Mt. Vernon her senior year.

"My winning portfolio went on from there to New York City, and from that experience I received scholarship offers," explained McClement-Engler. "I was also an athlete and received scholarship offers for that. I started my college education at Rend Lake College because I played softball, and I received an art scholarship."

After RLC, she attended Savannah College of Art and Design in Savannah, Ga. and Kendall College of Art and Design in Grand Rapids, Mich. While studying in Michigan, she plunged into the genre of cars, something she knew about from a young age.

"I have always loved shiny,

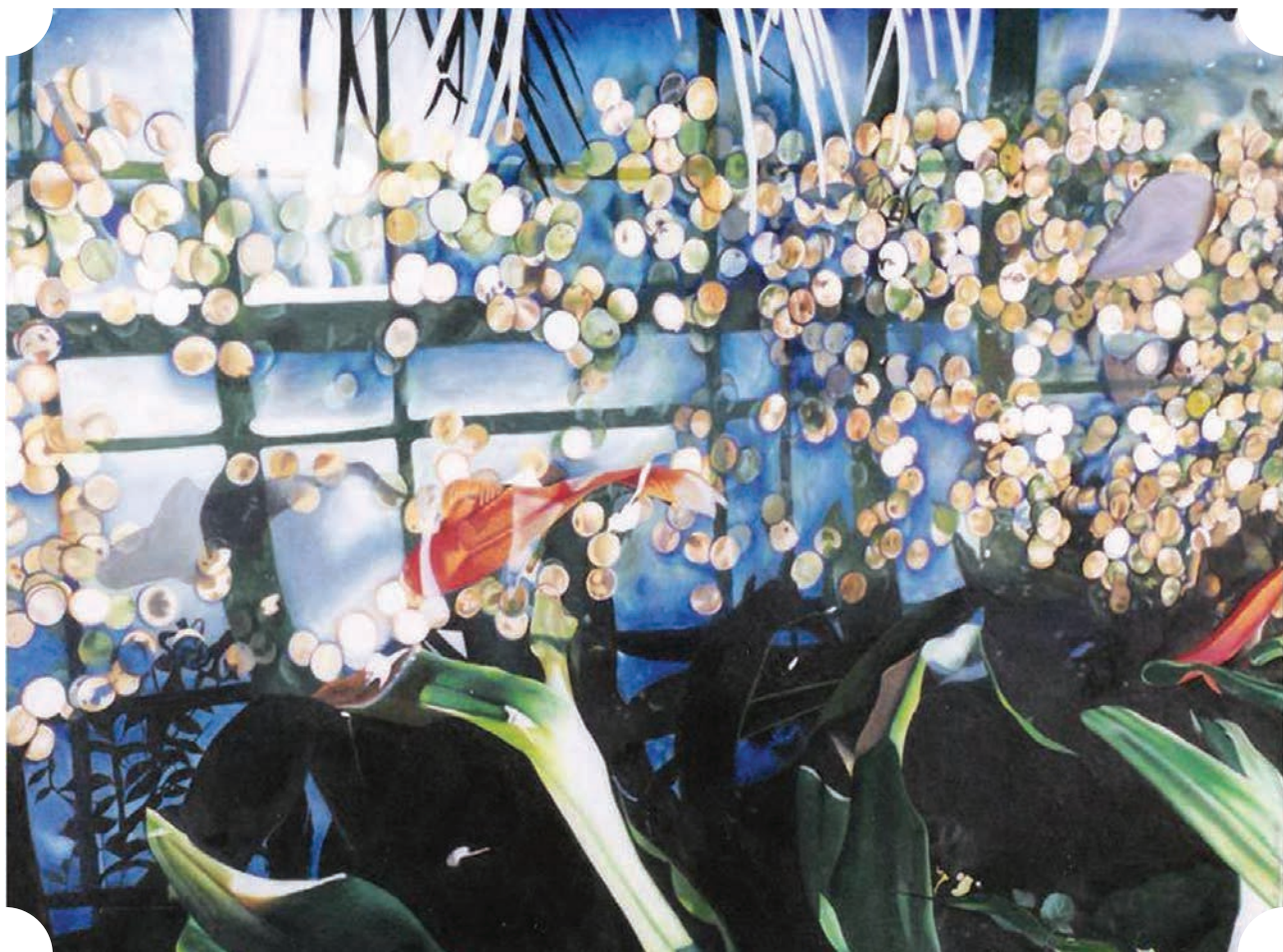
slimy, reflective things, and one of my Illustration instructors at Kendall, Jon McDonald, really helped in pointing me in this direction. Plus, my dad always loved cars," she said. "Cars seemed natural to me. Like big, shiny sculptures."

In addition to working for private collectors, McClement-Engler has also completed work for MBNA, Ford, the Kreisman Corporation, FIDER, BOP, and Old Cars Weekly. Several years ago, she also completed a portrait for Oceanspray of a car painted with a one-of-a-kind berry color.

McClement-Engler graduated with a master's degree from Syracuse University in 1998. She taught at Frontier Community College in Fairfield, and in the junior high and high school systems in Carterville while working as a freelance artist. One year later, she decided to return to the classrooms at RLC, only this time as the instructor.

"I love working with students and seeing the improvements and growth they undertake," she said. "Art is a huge part of

Art continues on page 5



"Reflections" is a colored pencil piece by Melissa McClement-Engler, who said her favorite medium is colored pencils when she uses her burnishing technique.

New orientation program named HLC Quality Initiative Project

First-Year Experience (FYE), Rend Lake College's new orientation course, has been named the Higher Learning Commission's (HLC) Quality Initiative Project for 2014. Program leaders will attend the Share Fair during the HLC annual conference, which is held in Chicago in April, where they will have a booth to talk with attendees about the project.

The Higher Learning Commission is the organization which

accredits Rend Lake College. The First-Year Experience program will be used as an action project which will play a part in maintaining RLC's accreditation. Over time, this and other projects will be used to demonstrate the college's ability to continuously improve its quality.

FYE Coordinator Hillary Halsey said the program started with the need to revamp the

Program..... continues on page 3

Studio RLC enrolling spring Nail Tech, summer Cosmetology

Two programs are currently enrolling at Studio RLC in Mt. Vernon: Cosmetology and Nail Technology. The Nail Technology program begins April 23 for the spring semester, and the Cosmetology program starts May 5 for the summer

term. Students interested in Nail Technology will work on skills such as manicures, pedicures, nail tips and wraps, gel nails, acrylics, nail art, professional image, customer service, and

Studio RLC continues on page 4

SCI-AHEC offering new training awards to help CNA students

Students enrolled in Rend Lake College's Certified Nurse Assistant (CNA) Program will soon have an extra advantage when it comes to paying for classes, thanks to the South Central Illinois Area Health Education Center (SCI-AHEC).

The center is donating approximately \$5,000 toward new training awards, which will be used to help cover costs not covered by the CNA tuition waiver, such as

registration fees. The awards will be available on a first-come first-serve basis.

SCI-AHEC Director Kelli Stover said the training awards will help reach the AHEC goals of training and retaining rural health care professionals.

"CNAs are very important in our rural communities in providing health care, as well as a building block in our health care foundation for nurs-

Awards continues on page 3

INSIDE:

An Educator's Viewpoint of Group Work ..	2
Puzzles	2
Recipe	5
Classifieds	6

A lone wolf's approach to group work

Editor's Note: Weimer's piece below from Faculty Focus brings up an interesting view of group work in the classroom and beyond. While reading, ask yourself, "Am I a lone wolf? Am I a social loafer?"

BY MARYELLEN WEIMER, PH.D.

FACULTY FOCUS

"I'd really rather work alone..." Most of us have heard that from a student (or several students) when we assign a group project, particularly one that's worth a decent amount of the course grade. It doesn't matter that the project is large, complex, and way more than we'd expect an individual student to complete. That doesn't deter these bright, capable students who are confident of their abilities and really don't want to work with others much less depend on them for their grade.

Should we let them go it alone? Often they aren't especially good group members. They have defi-

nite ideas about how the work should be done and quickly make judgments about the capabilities of others. These "lone wolves," as some have dubbed them in the literature, are very task-oriented. When studied in professional contexts, they don't feel much loyalty to the organization and aren't all that into interpersonal relationships with co-workers. In student groups, they don't think others are as committed to or capable of doing quality work.

A great deal of research has looked at "social loafers" in groups, those students who don't do their fair share of the work, but almost nothing has been done on "lone wolves" whose behaviors also compromise group effectiveness. Some posit that there's a relationship between the two behaviors. Not all "social loafers" are lazy and irresponsible, according to some researchers. They might be students who lack confidence. When they're in a group with someone who

epitomizes confidence and capability, and someone with very clear ideas about what the group should be doing, these reticent students end up behaving like social loafers because they're pretty sure whatever they do isn't going to be good enough. That conclusion is confirmed when they finally offer an idea only to have it dismissed or ignored, or the work they submit is redone without their involvement.

Some lone wolves take a more subtle approach. They wait until the group is close to wrapping up the project. Then they volunteer to put it all together for the group, which in most cases gives them complete control over the final product. They can re-organize it, add, delete, or revise sections, and cre-

ate the product they think the group needs to submit.

Given all this, maybe it's a good idea to let those who want to work alone do so. Maybe they're headed to one of those professions where they don't have to work with others. What would that profession be? Even those of us in academia with "lone wolf" tendencies are often surprised (and dismayed) to discover how regularly we are called upon to work in groups.

If we want to help lone wolves acquire constructive group skills, we need to start developing their awareness (and ours) that these behaviors compromise group effectiveness just as seriously as social loafing. The reference below contains a short

instrument with questions that point out some of the beliefs and behaviors of lone wolves. When groups convene to start working on projects, they should be guided through a discussion of individual behaviors that help and hinder group processes.

Groups can agree to take actions that will help lone wolves become more relaxed about working with others. Members can create drafts of project parts and have them reviewed by others in the group with the expectation that they will have to make revisions based on the feedback received. Group members can work in pairs, not individually, so that collaboration occurs on every part of the project.

I used to tell students

who didn't want to work in a group that my goal was not to make them like group work, but to help them develop skills they could use when they had to work with others. Lone wolves often have leadership abilities — they are willing to work hard and they have high standards. Group members with those characteristics can be a great asset to any group. And when lone wolves use their strengths to support the group, they occasionally discover that there are others worthy of their trust.

Reference: Barr, T. F., Dixon, A. L. and Gassenheimer, J. B. (2005). Exploring the 'lone wolf' phenomenon in student teams. *Journal of Marketing Education*, 27 (1), 81-90.

Crossword

Across

1. Goat sounds
5. Partner of 29-Down
9. Breakfast strips
14. Rights grp.
15. Captain of "Moby-Dick"
16. "___ in Wonderland"
17. Ernest Hemingway, 1926
20. Sends a phone message
21. Large coffee dispenser
22. Purring Persian, say
23. Funny Poehler
25. Extreme anger
26. Knotts and Johnson
27. John Steinbeck, 1937
32. Head of a school
33. Where to get a pedicure
34. McCartney and Walker
38. "___ not joking!"
39. Mexican parties
42. "The ___ of Pooh"
43. Ferguson or Kilborn
45. A pop
46. Japanese rice wine
47. Mario Puzo, 1969
51. Food that comes in a dozen
54. Place to park cars
55. Dallas coll.
56. Abbr. on business cards
57. Every last bit
58. Served like some beer
62. Joseph Conrad, 1899
67. Posh neckwear
68. "___ kleine Nachtmusik" (Mozart)

69. Manning and Whitney
70. Poor
71. Enjoy a good book
72. Take a breather

Down

1. "The Simpsons" creator Groening
2. Soreness
3. Trebek of "Jeopardy!"
4. Keep going
5. Stovetop item
6. "Gotcha!"
7. Buddy
8. Really silly
9. Farm structure
10. Boxing great
11. Classic TV series "The ___ Kid"
12. Atlantic or Pacific
13. Eagle homes

18. Military branch, for short
19. City in 35-Down
24. Sammy Davis, Jr.'s autobiography "___ Can"
25. Stuck
26. It's in your genes
27. Pertaining to some poetry
28. Be scared of
29. Partner of 5-Across
30. Gorilla's cousin
31. Computer image file type
35. Home state of the Osmonds
36. Superior, Huron or Michigan
37. Evening, in France
39. Letters between E and I
40. Media mogul Turner

41. Puppy sounds
44. "___ a girl!"
46. Shocking development
48. Cockney greeting
49. He might be putting on the green
50. One way to run
51. Patriot ___ Allen
52. Flying honkers
53. Candied, as fruits
57. Lawyer: abbr.
59. Prefix with marketer
60. Sale condition
61. "Hey you!"
63. Serling or Stewart
64. Rolled cube
65. Santa ___, California
66. Color of the sunset, sometimes

Crossword puzzle solution is printed on page 4.

SUDOKU

Difficulty: 4 (of 5)

			9			4		2
9	5			4	6	1		
1								3
5				2		9		
		2			1			7
	7							6
		7	3		4		9	8
		6		8				

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HOW TO PLAY:

Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

Sudoku puzzle solution is printed on page 4.

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Warrior Showcase menu announced

An international menu has been announced for the Rend Lake College Warrior Showcase, the student-run restaurant that opens March 20. Culinary Arts Instructor Jeff Fairbanks said the theme of the menu is "cuisine with global influence," whether it is the style of preparation or the seasonings involved.

"The influence comes from current food trends that are going on in the food industry right now," said Fairbanks. "As a part of putting together this menu, the students used the National Restaurant Association to see what is important in the trends now."

RLC Restaurant Operations students have been working all semester on a

full menu consisting of appetizers, soups and salads, entrees, and desserts. Both freshmen and sophomores enrolled in the course design the menu, cook, serve, and clean, covering all aspects of a restaurant business.

For the appetizers, the menu includes: Smoked Pork Carnitas, pulled pork with Spanish tones, served with spicy slaw; Spinach Involentino, fresh spinach, roasted peppers, and cream cheese rolled together in a sundried tomato flatbread; and Gyoza, dumplings filled with chicken and vegetable mixture.

The soup portion includes: Carne Ropa Vieja, the house specialty soup also known as Puerto Rican shredded beef soup;

or Soup du Jour, see server for details. The salads are House Salad, a mix of fresh greens topped with grapes, strawberries, and goat cheese croutons, dressed with strawberry champagne vinaigrette; or Ides of March, a classic Caesar salad with some special touches, romaine lettuce, Caesar dressing, goat cheese croutons, shaved prosciutto, and cherry tomatoes.

Entrées on the menu are: Pad Thai, the choice of beef or tofu with rice noodles and stir fried vegetables; Tuscan Shrimp Pasta, tender shrimp sautéed and served with fresh pasta in a spicy tomato sauce; Sweet and Spicy Chicken, Spanish style roasted chicken served with rice and vegetables; Conejo Estafado,

Puerto Rican smothered rabbit; Beef Bulgogi, Korean style beef served with noodles and stir fried vegetables; and Senfrust Braten, pan seared pork chops finished with a mustard cream, served with a vegetarian cabbage roll.

The final portion, dessert, includes a number of daily specials prepared by the students. Apple and Cherry Strudels, and Cream Puffs will be available every day.

Reservations are being accepted now. The cost of each meal is \$20 per person. The Warrior Showcase will be open Thursdays and Fridays, from March 20 to May 10. Reservation times are at 5:30, 6, 6:30, and 7 p.m. It will be closed for Good Friday. To make a reservation, call (618) 437-5321, Ext. 1714.

"Give Now" option available on RLC website

A new online tool allows Rend Lake College graduates and supporters to easily donate to the RLC Foundation, which offers student scholarships and facilitates many on-campus projects and initiatives.

The online giving option allows donors to support the RLC Foundation by investing in their students in the form of scholarships, endowments, capital development projects, educational programs, and recognition opportunities.

RLC Foundation CEO Shawna Manion said the online giving option has been in the works for a while, and she's glad to have it up and running.

"It's an extraordinary look to identify people who connect with the college who are interested in donating to the mission of helping our students," said Manion. "It's an easier avenue to give and a secure way to give. The portal makes for a more efficient way to track donations, and that in turn makes it easier for us to help our students."

Last year, over 525 scholarships and \$370,000 were awarded to RLC students through the Foundation. To find the online giving button, visit www.rlc.edu. A green "Give Now" button is located on the top right of the page. For more information, contact the RLC Foundation at (618) 437-5321, Ext. 1214 or foundation@rlc.edu.

Awards

continued from page 1
es, as well as other health care disciplines," said Stover. "SCI-AHEC recognizes the importance of our CNAs and would like to support Rend Lake College in their provision of quality education."

Kim Robert, Dean of the Allied Health Division, added the awards will be very important for students who need the extra boost to prepare them for future studies at RLC.

"Rend Lake waives CNA tuition for students living in the RLC district, so those students pay less than \$100 for our program, plus supplies. These training awards will remove that burden from the student and hopefully encourage them to move on to our nursing program afterward," said Robert.

According to the U.S. Bureau of Labor Statistics, there are currently more than 1.5 million jobs for CNAs across the country. There is an expected increase of 21 percent in job availability, or 321,000 jobs. If students do continue on through the RLC Nursing Program, an additional 738,400 jobs are available with a median pay nearly \$15,000 higher.

RLC offers the CNA program at the Ina campus, the RLC MarketPlace in Mt. Vernon, and in Pinckneyville. The next round of classes begins in April with classes starting every eight weeks.

To sign up for CNA classes or for more information, call the RLC Allied Health Division at 618-437-5321, Ext. 1251, or send an e-mail to AlliedHealth@rlc.edu.

'Train the Trainer' CNA Instructor Course offered for RNs at RLC MarketPlace

A new course is available at Rend Lake College for registered nurses (RN) who want to become a Certified Nurse Aide (CNA) Instructor. The "Train the Trainer" Course will be offered this spring through the Community and Corporate Education Department.

The course will provide RNs with the knowledge and skills to become a CNA Instructor in Illinois by preparing them to develop and effectively teach basic CNA programs. The first two aspects of the course, Train the Trainer and Alzheimer's Disease, will be offered online by way of readings, discussion postings, and assignments. The final por-

tion, Approved Evaluator Skills Workshop, will meet face-to-face one day on campus for practice and demonstrations.

The online portions will begin Monday, March 31 and last through Friday, May 2. The Skills Workshop will meet from 8 a.m. - 5 p.m. Tuesday, May 13 at the RLC MarketPlace, Room 236 in Mt. Vernon.

Registration for the course costs \$575, plus fees for a textbook. For more information or to register, contact the Community and Corporate Education Department at (618) 437-5321, Ext. 1714 or 1267, or morrise@rlc.edu.

Program

continued from page 1
then-online orientation process for incoming freshmen at RLC. Now the course is a face-to-face setup and is designed to build stronger connections between students and the faculty and staff.

"I have a lot of ideas for the future as far as projects and course topics, and I see the program growing in the next few years," said Halsey. "We are getting a lot of feedback from our students, and we're adapting to what they're asking for and need. I feel very honored and excited that the FYE program was chosen to be the HLC Quality Initiative Project."

Course goals include helping students engage on campus, learn organization skills, prepare to meet professional standards for behavior, and understand and successfully navigate the college

culture. Already, the course has covered many specific topics this semester, including myRLC, Warrior-mail, Blackboard, campus and library resources, differences between high school and college, expectations from instructors, time management, study skills, programs and degrees at RLC, calculating GPA, academic plans, financial aid, and transfer services. Halsey said students will wrap up the semester with a service learning project.

"We are going to be discussing why it's important

to read to children and doing a children's book drive," she said. "Studies have shown that a student's reading level in third grade can determine whether they will access college or not. We will be hosting a children's book drive and donating the books to local preschools."

FYE was chosen to be one of 16 participants for the Share Fair next month. For more information about the First Year Experience, contact Halsey at (618) 437-5321, Ext. 1323 or halseyh@rlc.edu.

RLC co-hosting job fair in Mt. Vernon

Once again, Rend Lake College will be partnering with WSIL TV-3 and the Small Business Development Center (SBDC) to host the 2014 Annual Job Fair from 3 - 6 p.m. Tuesday, April 1 at the Mt. Vernon Holiday Inn.

The Job Fair brings approximately 40 vendors from all over Southern Illinois to speak to prospective

employees about job opportunities and hiring. Paula Myers, Community and Corporate Education Specialist at RLC, said some big companies participating in the past included Walgreens Distribution Center, Continental Tire of the Americas, and Prairie State Generating Company. Some vendors this year include the City of Mt. Vernon, several temporary agencies, retail, cus-

tomers service, sales, and many others.

"The Job Fair is an excellent opportunity for people living in our communities," said Myers. "We partner with WSIL and the SBDC to bring together our contacts, so more vendors come with more job prospects. It's a great way to have many different local employers gathered in one place to see what's available."

She added there were about 300 job seekers who attend the Job Fair last year. Those who plan on attending should wear professional dress, bring several resumes, and be prepared for an impromptu interview.

For more information, contact the Community and Corporate Education Department at (618) 437-5321, Ext. 1380 or by email at myers@rlc.edu.

Therapeutic Massage Clinics to be held Wednesdays this spring

Students in Rend Lake College's Therapeutic Massage program will be holding clinics for the public from 9 a.m. - 1 p.m. on Wednesdays through May 7 in the Advanced Technology Center (ATC) on the Ina campus.

Michael Adamson, Therapeutic Massage Associate Professor, said the clinics will give students hands-on practice in working with the public, as well as experience

in running a business. Up until this point in the program, the students have only worked on friends and classmates.

"We've held these clinics before and its great experience for the students because they don't receive it in the classroom," he said.

Walk-ins are welcome, and appointments can be made in advance by calling (618) 437-5321, Ext. 1251. The massages will last 50-minutes and cost \$20 each.

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RLC Softball moves to 4-4 at Snowbird Classic

The Rend Lake College softball team moved to 4-4 while at the Snowbird Classic earlier this month in Myrtle Beach, S.C.

On March 12, the Lady Warriors lost 6-8 to Potomac State College of Keyser, W.V., but then started a three-game winning streak with a 5-0 victory over the Genesee Community College of Batavia, N.Y.

On March 13, the team defeated John Wood College of Quincy, Ill. 9-4 and Community College of Beaver County of Monaca, Penn. 16-0.

The Lady Warriors were scheduled to finish at the Classic March 14 before returning for the first home game against Lindenwood-Belleveille at 2 p.m. March 17. For all things athletic at The Lake, visit RLC online at www.rlc.edu/warriors.

In games 1 and 2 of the Classic, RLC won one and lost one:

Game 1 v. Lewis & Clark: RLC 9 L&C 0

The first game against Lewis & Clark went only six innings with Rend Lake scoring nine runs on 14 hits. Winning pitcher Amanda Holloway (Benton, IL) allowed four hits by Lewis & Clark. Haley Miller (Rockport, IN) was the catcher for the Lady Warriors. Top hitters include Lexi Skelton (Henderson, KY), who was 3-4 with a triple and three RBIs, and Miller, who was also 3-4 with a double and 2RBIs.

Game 2 v. Delaware Tech: RLC 2 DTCC 10

The Lady Warriors committed four errors during the nightcap that led to the 2-10 defeat by Delaware Technical Community College (DTCC). Rend Lake scored two runs on two hits, but allowed DTCC to score their 10 on 11 hits and committed no errors. Emily Jenkins (Benton, KY) was the losing pitcher, replaced by Paige Prather at the end of the fourth inning. Jenkins allowed the 10 runs, and Prather gave up the final run.

Studio RLC

continued from page 1
business skills. Classes will be held from 8:30 a.m. - 4:15 p.m. Wednesday through Friday, and from 9 a.m. - 4 p.m. every other Saturday, through Aug. 8. Another session of the program begins in August. The Cosmetology program covers all Nail Technology classes, in addition to skills in shampooing, cutting, coloring and styling. Students also will learn other facets of the industry, including facials, excellent customer service, and the latest trends. Classes will be held from 8:30 a.m. - 4:30 p.m. Monday through Friday,

and the same time every third Saturday. The program will also be offered in the fall, starting Aug. 26. The U. S. Bureau of Labor Statistics states that career opportunities in the two fields are expected to increase in the next few years with the addition of nearly 100,000 jobs. To register for Nail Technology or Cosmetology, contact Studio RLC at (618) 242-8459 or by email at mitchelld@rlc.edu. For more information on the programs, visit www.rlc.edu/studiorlc or www.facebook.com/studiorlc.

Rend Lake College Board of Trustees: March 11, 2014, meeting highlights

LISKE TO TAKE SEAT AS STUDENT TRUSTEE IN APRIL

The board learned that Elijah Liske has been elected as the new student member of the Rend Lake College Board of Trustees for the 2014-2015 academic year. Liske (Sesser) is studying Agricultural Production and Management and Agricultural Mechanics.

Liske will be seated at the April board meeting. He replaces outgoing student trustee Haden Smith (Wayne City).

HENRY BECOMES HIT PROGRAM DIRECTOR

Appointed Charlotte Henry as Health Information Technology Program Director effective April 21. She holds a Bachelor of Science Degree in Health Care Management from Southern Illinois University Carbondale and an Associate in Arts Degree from

Rend Lake College. She most recently served as Health Care Information Department Supervisor at Southern Illinois Healthcare.

GOIN JOINS BUSINESS OFFICE

Appointed Melissa Goin as Accounts Receivable Specialist effective March 17. She holds an Associate in Science Degree in Business from Rend Lake College and most recently served as a fiscal office support associate for University of Illinois Extension Unit 24.

SUTTON MOVING ON

The board accepted with regret the resignation of Ann Sutton, Testing and Placement Specialist, effective May 16. "I thank you and many other RLC staff for support given to me," Sutton wrote in her resignation letter. "RLC is truly a fantastic college, and I am grateful for my

participation in its success." **IN OTHER BUSINESS, THE BOARD ...**

- Approved revisions to board policy concerning the tenured / tenure-track faculty and staff seniority list (second reading).

- Approved revisions to board policy and procedure concerning the alcohol and drug policy (second reading).

MARK YOUR CALENDARS ...

- Student Recital, 7 p.m. Thursday, March 20, RLC Theatre.

- Student Art Show, March 27-May 2, Reception 6-8 p.m. March 27, RLC Theatre and Theatre Lobby.

- Job Fair, 3-6 p.m. Tuesday, April 1, Mt. Vernon Holiday Inn.

- Spring Musical, "Little Shop of Horrors," 7 p.m. Thursday-Saturday, April 3-5, 2 p.m. Sunday, April 6, RLC Theatre. Tickets \$12.

- Phi Theta Kappa Induction, 3 p.m. Wednesday, April 9, RLC Theatre.

- Lake (RLC Fine Arts publication) Readings, 4:30 p.m. Thursday, April 10, Pheasant Hollow Winery.

- Southeast Region Trustees Meeting, 6:30 p.m. Thursday, April 24, Robert L. Meese Village Centre, John A. Logan College.

- Spring Concert, 7 p.m. Thursday, April 24, RLC Theatre.

- Spring Orchestra Concert, 2 p.m. Sunday, April 27, RLC Theatre.

- Flummoxed Fairy Tales, 10 a.m. and 1 p.m. Thursday, May 1, and Friday, May 2, RLC Theatre.

- Associate Degree Nursing Pinning Ceremony, 7 p.m. Thursday, May 15, Waugh Gymnasium.

- Commencement, 10 a.m. and 1 p.m. Saturday, May 17, Waugh Gymnasium.

Solution to sudoku puzzle printed on page 2.

7	6	8	9	1	3	4	5	2
9	5	3	2	4	6	1	8	7
1	2	4	7	5	8	6	3	9
5	8	1	6	2	7	9	4	3
6	3	2	4	9	1	8	7	5
4	7	9	8	3	5	2	6	1
2	1	7	3	6	4	5	9	8
3	9	6	5	8	2	7	1	4
8	4	5	1	7	9	3	2	6

Solution to crossword puzzle printed on page 2.

M	A	A	S		P	A	P	A		B	A	C	O	N			
A	C	L	U		A	H	A	B		A	L	I	C	E			
T	H	E	S		U	N	A	L		S	O	R	I	S			
T	E	X	T	S						U	R	N		C	A	T	
					A	M	Y			I	R	E		D	O	N	S
O	F	M	I	C	E	A	N	D		M	E	N					
D	E	A	N		S	P	A			P	A	U	L	S			
I	A	M		F	I	E	S	T	A	S		T	A	O			
C	R	A	I	G		P	E	R		S	A	K	I				
					T	H	E	G	O	D	F	A	T	H	E	R	
E	G	G	S		L	O	T			S	M	U					
T	E	L			A	L	L				O	N	T	A	P		
H	E	A	R	T	O	F	D	A	R	K	N	E	S	S			
A	S	C	O	T		E	I	N	E		E	L	I	S			
N	E	E	D	Y		R	E	A	D		R	E	S	T			

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Stir It Up!

Return of the fish stick

BY MARIALISA CALTA

Fish, nearly everyone will tell you, is good for you. It's high in protein and low in fat. It's packed with healthy omega-3 fatty acids, even if many of us don't understand exactly what they are.

But there's one thing that "nearly everyone" fails to acknowledge: Lots of people dislike fish.

They have their reasons: Fish smells when you cook it. Some of it is high in mercury. It has a head/eyes/eyestalks. It has tiny bones. It is environmentally complicated.

And then there's the taste. "Fishy," a friend says, wrinkling her nose. She might agree with humorist Dave Barry, who once wrote: "The only kind of seafood I trust is the fish stick, a totally featureless fish that doesn't have eyeballs or fins. It just lies on the sea floor in a little rectangle, protecting itself with a thin layer of breading."

So, let's bring back the fish stick! That's what British chef and baker Lorraine Pascale has done in her new book, "A Lighter Way to Bake." Pascale's book is full of luscious desserts and snacks that are lower in fat and sugar than their traditional counterparts, but it is her "savory" section — offering lighter versions of mac

and cheese, chicken pot pie, scalloped potatoes and fries — that is useful on a daily basis. And it includes fish sticks.

Rather than the soggy log of tasteless fish product wrapped in too much breading and deep-fried, Pascale's fish stick is a finger of salmon lightly coated in whole-wheat crumbs and scented with fresh thyme, baked in the oven and served with a piquant tartar sauce. Her fish sticks have 370 calories per serving (including the sauce), compared to 761 for a traditional fish stick, and about 19 grams of fat compared to about 59.

They do not smell when you cook them. They are not made from fish high in mercury. They lack eyestalks and tiny bones. If you buy sustainably fished salmon or cod, they are environmentally sound.

In fact, you can make sure that you use only fish that is low in mercury, sustainably harvested and otherwise deemed A-OK by folks who care about the health of the fish population. Check out the Monterey Bay Aquarium's "Seafood Watch" program. Find it at www.seafood-watch.org and download pocket-sized consumers' guides for every region of the country, or get an app for your mobile device.

Smart? They don't call fish "brain food" for nothing.

BAKED SALMON & THYME FISH FINGERS WITH HOMEMADE TARTAR SAUCE

Yield: 8 fish fingers (serves 4 as a main meal)

For the fish:
4 slices of whole-wheat bread

1 T. roughly chopped fresh thyme leaves
Salt and freshly ground black pepper
3 large egg whites
4 (4-ounce) salmon fillets or 2 (9-ounce) chunky cod fillets (preferably sustainably fished), skin removed

For the tartar sauce:
1/2 cup plus 2 tablespoons plain Greek yogurt
1 tsp. powdered mustard (or 2 teaspoons Dijon mustard)

4 tsp. capers
3 scallions, trimmed and finely chopped
1 T. finely chopped fresh flat-leaf parsley
2 tsp. finely chopped fresh tarragon
Juice of 1/2 lemon
Few drops of Tabasco sauce (optional)
Salt and freshly ground black pepper
Preheat the oven to 425 degrees. Line a baking sheet with baking parchment.

Lightly toast the bread in a toaster or under the broiler, and then blitz in a food processor to give fine, dry bread crumbs. Tip them into a wide, shallow bowl and toss with the thyme leaves, a little salt

and a good amount of black pepper. In another wide, shallow bowl, lightly beat the egg whites with a fork, seasoning with salt and pepper.

If using salmon, cut each fillet in half along the length or cut each cod fillet down its length into four thick fingers. Either way, this should give you eight fish fingers.

Working in batches, dredge the fish fingers first through the egg white mixture, followed by the bread crumbs to coat evenly. Arrange them in a single layer on the baking tray as you prepare them. Bake in the oven for 10 to 15 minutes.

Meanwhile, prepare the tartar sauce. Simply mix all the ingredients in a medium bowl and season to taste.

To check that the fish is cooked, wiggle a knife into the center of the thickest piece. The fish should look a bit dry, not wet and pearly, and should flake a bit. Once cooked, remove from the oven and serve immediately with the tartar sauce.

Nutritional information, per serving (with sauce): 370 calories; 18.8 g fat, 5 g saturated fat, 2.8 g sugar, 34 g protein, 1.3 g salt.

(Recipe from "A Lighter Way to Bake" by Lorraine Pascale; Ecco/HarperCollins, 2013.)



These crispy fish sticks with a chunky tartar sauce are a lighter version of the usual fare. They will convert those who think they don't like fish, as well as delight fish lovers. (Photo by Myles New for "A Lighter Way to Bake" by Lorraine Pascale; Ecco/HarperCollins, 2013.)

Art

continued from page 1

our everyday lives, and I think most people fail to realize how much art affects them. From the painting on your wall to the chair you sit in, the clothes on your back to the design on the bottom of your favorite tennis shoes."

In her 15 years at RLC, she has served as the exhibit director and a dual-credit supervisor, as well as on the Cultural Arts Council, Academic Review Committee, Higher Learning Commission General Education Committee, Program Review Board and

Illinois Board of Higher Education.

To her students, McClement-Engler says, "Art and creation are very much alive and well. For anyone to succeed in their given career, it takes a lot of work, dedication and believing in oneself. Nothing comes easy, but the recognition of success is measured in exposure to art, the perception of art and the studying of art."

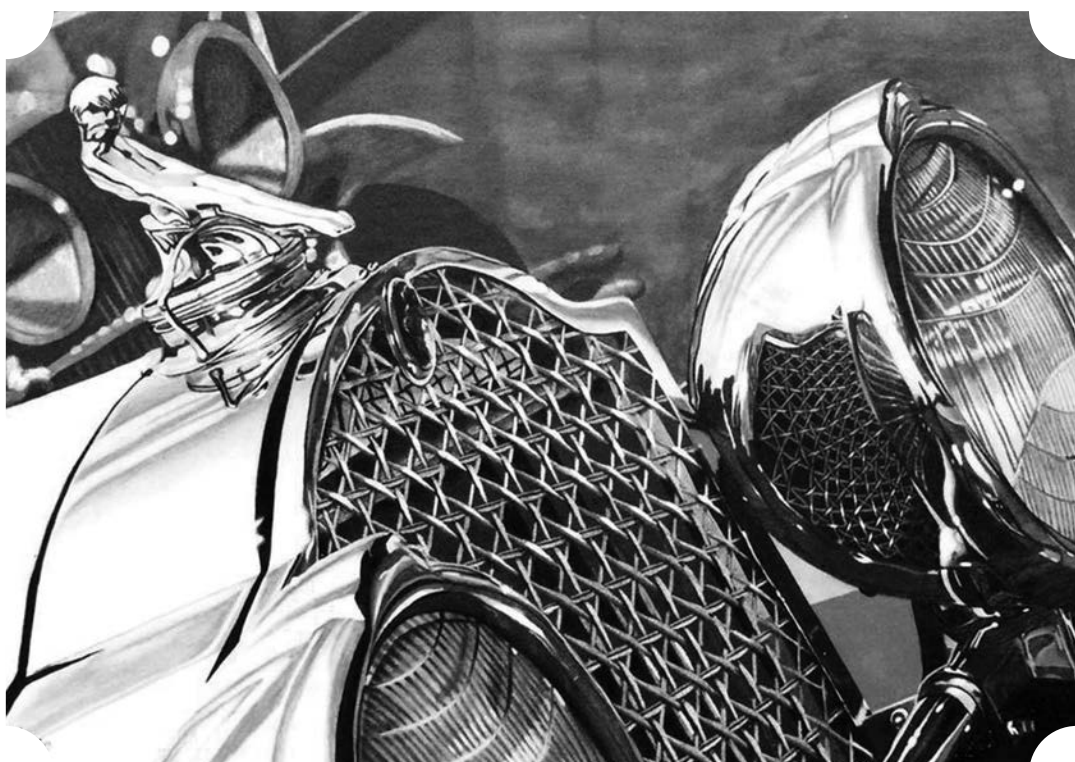
For more information about art classes at Rend Lake College, contact the Academic Advisement Center at (618) 437-5321, Ext. 1266.



This piece, titled "Dusenberg," is one of many automobile artworks completed by Melissa McClement-Engler.



A different piece looks closer at a Packard hood ornament.



Pictured here is "Packard Grill," a piece focusing on the American luxury automobile.

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